

**CITY OF MALIBU, COMMUNITY
SERVICES DEPARTMENT**



CARDIO SALSA

An energetic Latin dance workout that incorporates salsa, cha-cha, and merengue. Rhumba and Argentine Tango steps are incorporated in the cooldown. Follow along and learn dance modifications, body alignment, and breathing tips. Instructed by Jackline Daneshrad.

Tuesdays, 12-1PM

March 3 - 31

April 7 - 28

May 5 - 26

Malibu Bluffs Park

\$5 per class

310.456.2489 ext. 357

MalibuCity.org/SeniorCenter

